# **Empower Hour**



## UnitedHealthcare seminars cover health topics at no additional cost to you.

These seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you may email our speakers with your questions during the presentation and they will respond during a question and answer session. Register to attend, and get information and tools to help empower you to make more informed decisions.

## **Be More Productive**

**Audrey Thomas, Organized Audrey** October 11, 2016 12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

Productivity is a hot button these days because most admit to feelings of insanity when balancing home, work and life. You may think to yourself, "If I could just be a little more productive, then I wouldn't feel all this stress." Sometimes it is the little things in life that can make a big difference. This webinar will provide 10 strategies that most people aren't implementing that are designed to increase personal productivity – both at home and at work - so that you can enjoy life in the sane lane.







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#### Audrey Thomas, Organized Audrey

Audrey Thomas is the Owner of Organized Audrey and LeanOffices.com. As a national speaker, she is passionate about transferring skills to others so they can learn how to become better organized and make life-lasting improvements. She is a recognized expert in the organization field having been nominated for the prestigious Founders' Award of the National Association of Professional Organizers. Audrey has authored several books, including 50 Ways to Leave Your Clutter, and Getting Organized with Microsoft® Outlook.



To register for an upcoming seminar, visit www.uhc.com/seminars.

